



Tip of the Week

Today's Feature: SIZING UP YOUR CLOSET CONTENTS

How many clothing sizes do you have hanging in your closet?
Only 5.6% have only one size, 37.8% have two sizes, 39.4% have three sizes and 17.2% have four.

Fad dieting has contributed greatly to fluctuation in pounds. Unless you are exceedingly wealthy, this makes it tough to maintain a top quality wardrobe. The more your body changes the more you must be aware of which styles flatter your figure.

Because of the feast or famine survival heritage of the human body, yo-yo dieting increases the body's ability to store fat. Recent research discovered that when you skip breakfast you are 450% more likely to store excess fat.

More fun facts!

Cross Country Books on Tape

Did you know that Cracker Barrel Restaurants carry a large selection of books on tape for rent in their gift shops and that they can be returned to any cracker barrel location?